

# Karate Academy

There's never been a time like this. It's completely unprecedented. As such, no one knows how to react or what the right thing to do is. The Chinese have a curse: "May you live in interesting times". No-one can say that this year has been boring, so far, can they? The horrific grip that this virus has on the world, and the media, means that we talk about very little else. For people like us it is terrible. We love to be out and about. We love to see our friends. We love our training. Not being able to do those things is awful.

However, it could be worse. We have a lot to be grateful for, and we have weathered other storms and we have grown strong enough to weather this one. Just remember that we are there for each other, even if we cannot be together in person.

John Burke,  
Chief Instructor

## Covid 19

We were already aware of the virus last month, and were taking steps to ensure that classes were run along the lines of what became known as "social distancing" before that was a popular term. Then came the announcement we were dreading. The government has made it clear that gyms and leisure centres must close until the Corona Virus variant Covid 19 is not a threat to the health of the nation. That includes us at the Karate Academy. It's heart-breaking but necessary for the benefit of the vulnerable people that any one of us could infect. The news is changing day by day, but the country is in lock-down, prevented from going to work or play unless you work in one of the essential jobs like health care or food provision. We want you to stay safe and obey the rules that are put in place to help the health of the nation.

Doing our bit, we are not running classes at the dojo at this time.

We will re-start public classes just as soon as it is possible. Stay safe.

## Memberships

Some people have had to cancel their memberships. If you need to cancel a Standing Order you must do that with your bank. We do not operate Direct Debits. Those would be something that we would have control of. Standing Orders are something that you have control of.

Huge thanks to all the members who have said "carry on" with their payments. It's an evolving situation where we don't know how much of our outgoings are going to be covered by the government's measures, so your support means everything to us. Rest assured that no membership is squandered. Online training and support, plus events once the restrictions are lifted will see you get your money's worth. But then, I hope it's not about money, and that membership is not simply a transaction for each person.

## New Members

The Karate Academy is pleased to welcome the following new members who joined during March:

**Teddy James Chambers, Erin Chambers, Louie Chambers, Ruby Bartlett**  
(Torquay)

**Charlie Vince, Taylor-J Reynolds**  
(Newton Abbot)

Recommendation is the highest compliment we can receive. Welcome one and all!

Karate is much more than that, at least for us at the Karate Academy.

## Home Training

We don't just stop. Karate-ka (one who does Karate) need their training, and whilst training at home cannot replace training with an

instructor at the dojo, it is the next best thing. There is a Facebook Group just for our members: <https://www.facebook.com/groups/172704136120339/> or

search for **Keiko Karate**. It's on here that you hear about new videos and share your training for tips and help from the instructors and fellow members.

To help with this trying time, we have put together videos for you to download so that you can train whenever it is convenient for you. Put your gi on, play the video, and train just as if you were standing in front of your teacher.

So far, **Little Warriors Lessons 1 & 2** are available.

**Juniors Lesson 1** (Juniors can also use the Open Classes).

**Open Class Lessons 1-4** are available.

We're releasing two Open classes each week, just as if you were at the dojo, each end of the week has a different emphasis. These are backed up by grade-specific and subject specific videos.

The online training videos have been made in such a way that the instructors are teaching you as if you are there in front of them. Literally "train along with us" style.

Members who pay monthly or annually have them included in their membership. Members who pay-as-you-go will need to purchase each download. The details are here <http://www.karateacademy.co.uk/on-line-training.html>

We've gone with downloads rather than streaming because we're used to running 30 classes a week, but teaching people in person is very different to facing a camera and talking to people watching at home. However, streaming classes will also become available.

There are free resources on the Members Website. Go to [www.members.KarateAcademy.co.uk](http://www.members.KarateAcademy.co.uk) and use the password **excellence**. Free background material and kata by pictures and written instructions on the Syllabus page.

Also, don't forget the DVDs and downloads for each belt are available, plus Bunkai DVDs, downloads and books.

If we can help in any other way please let us know. Feel free to message us with video footage of your training for us to review and comment on.



## Cancellations

It started with Ashburton telling us that the hall wouldn't be available. We knew we wouldn't have it on 10th March, but then on the 17th there was a call at 4.36 which told us it would be closed for the foreseeable future.

We carried on with our regular sessions until Prime Minister Boris Johnson announced on Friday 20th March that leisure centres, pubs, and gyms were ordered to close. As such, despite our best efforts with hygiene and social distancing, there was no way we could carry on. All classes are suspended until the ban is lifted. The second it is lifted, we are returning to teaching.

## Social Media

As soon as we print the Newsletter something else comes up. Or we want to let you know about a success in class. Or an event. The Newsletter is still useful as many people keep it on the fridge to remind them of events, but phones and electronic devices stay with us nearly all the time, and so social media has become the way that people communicate.

Please join the **Members Only Keiko Karate** group on Facebook where we share information and notices. <https://www.facebook.com/groups/172704136120339/> or search **Keiko Karate**. There is a "security question" to answer as we don't want just anyone on this group. Just tell us where you train and with which instructor (parents: use the details relevant to your child).

The public information is on the **Karate Academy** and **The Karate Academy** pages. <https://www.facebook.com/theKarateAcademy/> & <https://www.facebook.com/KarateSensei/>

You can help the club by sharing information that you see on the public pages, you never know who will be inspired to join us by your post. The Keiko group, however, features photos of our members, including children, and **must not** be shared publicly.

## The Competition

The competition set for the end of March in Redruth was, of course, postponed. Everyone who booked tickets should have had them refunded. Supporting a local event like this was something that we were looking forward to. The good news is that they have found another venue which is cheaper and they will pass that on to participants when the new date is established once leisure centres can open again. You can find details here: <https://www.cornishkaratechampionship.com/>

## 2020

Events, just like regular classes, are having to take a break.

Without saying "I told you so", it just confirms that we need to take advantage of training opportunities when they are available...

25th April - **Russell Stutely kyoshi** cannot now get to the UK or the USA. We'll reschedule this seminar whenever the situation gets better.

2nd & 3rd May - **UK Martial Arts Show**, Doncaster. The event is postponed. We'll let you know when it is rescheduled. All tickets purchased already will be valid.

10th May—**Bassai Dai Bunkai** Seminar in Essex. We'll see if the situation is available.

23rd & 24th May - Shetland Budokwai 40th Anniversary Seminar will be postponed.

27th & 28th June - Dan Grading and seminar with **Anthony Blades kyoshi**. We are still keen to have Kyoshi Anthony with us in June, assuming travel restrictions are withdrawn by then. It's not certain whether we can have a Dan Grading without people training in front of the instructors for prolonged periods. We want you to be proud of your grade, and that means that you have been on the mats with your instructor regularly. We will have a Dan Grading later in the year, when training is more stable.

4th & 5th July - **Patrick McCarthy hanshi** teaching Tegumi Renzokugeiko in Newton Abbot. We have had to postpone this event as well.

September - **Bunkai Bootcamp** weekend in Newton Abbot

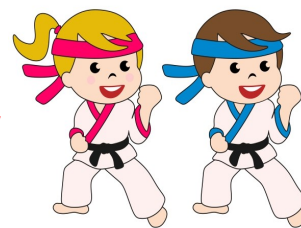
We'll let you know more when we know more.

## Birthdays

The following students celebrate their Birthday this month (April)

- 1st Eliza Kubien
- 4th Dominique Green, Kezia Green
- 5th Andy Tran
- 8th Cameron Ferrer
- 9th Deborah Needham sensei
- 12th Henry Watts-Hawkins
- 20th Amelia Hinds, Joshua Adams
- 23rd Topias Henry

Happy Birthday  
to You



## Last Word

We must not judge how people are coping with the virus and the lockdown situation. Anxiety arises in many forms. We can't tell people that they "should" respond this way or that way. Don't go and see your family. But what if they are anxious and are actively asking you to? Don't go to work? What, not even in an empty building in walking distance from your home? It's easy to read into the rules laid down by the government what we think they should mean. All we can really do is take care of ourselves and do what we think is best. Stay safe. Do what you can.

Thank you to everyone who is supporting us at this time. We try to support you too. Producing video and teaching to an empty room isn't really what we want to be about, but it's better than doing nothing. Thank you to everyone who allows their membership to continue even though we cannot supply physical lessons right now. And if you had to cancel, with the situation being what it is, then we understand, these are difficult times.

Those of you training at home, please keep it up, with the right mindset. The phrase was used by an instructor I admire, and I think it helps: "When You Can't Go Out, Go Inwards".

Proud to be the Keikokai. See you in the dojo.

Oss



**Dedicated to  
Black Belt  
Excellence**